

JCTR BASIC NEEDS AND NUTRITION BASKET

Solwezi

November 2022

(A) COST OF BASIC FOOD ITEMS FOR A FAMILY OF FIVE

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	143.00 25 kg bag	2 x 25Kg	286.00
Rice	93.99 5kg	4kg	75.19
Cassava Flour	22.40 1kg	6kg	134.41
Irish Potatoes	12.92 1 Kg	4 Kg	51.70
Beans	31.81 1kg	3kg	95.44
Pounded Groundnut	32.09 1kg	1kg	32.09
Soya Pieces	54.53 1 kg	2kg	109.06
Beef	51.67 1kg	2kg	103.33
Chicken	136.50 2kg	5kg	341.25
Kapenta	177.12 1kg	1kg	177.12
Eggs	18.94 1 unit (10 eggs)	3 Trays (90 eggs)	170.50
Milk (Fresh)	15.33 500 ml	10 liters	306.63
Vegetables	831.41 40 Kg	40kg	831.41
Onion	26.23 1 Kg	4 Kg	104.90
Tomatoes	19.55 1 kg	6 kg	117.27
Banana	24.76 1 Kg	16 Kg	396.09
Other Fruits	11.84 1 kg	14 Kg	165.82
Cooking oil (2.5lts)	99.58 2.5lt	3.6lt	143.40
Salt	10.32 1 Kg	1 Kg	10.32
Tea	20.75 250g	250g	20.75
SubTotal			ZMW 3,672.68

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	230.40 90kg bag(s)	2 90kg bag(s)	460.80
Soap (Lifebuoy/Champion)	14.83 Tablet(s)	3 Tablet(s)	44.50
Wash soap (BOOM)	18.00 400g	3 400g	68.99
Electricity (medium density)	428.80 Month(s)	1 Month(s)	428.80
Water & Sanitation (med - fixed)	284.80 Month(s)	1 Month(s)	284.80
Housing (3 bedroom)	2,968.00 Month(s)	1 Month(s)	2,968.00
Jelly (Vaseline)	41.83 500ml	1 500ml	41.83
Sanitary towels	29.17 Pack of 10	2 Pack of 10	58.33
Toilet Paper (2ply)	10.40 Tissue(s)	6 Tissue(s)	62.39
Lotion (Dawn)	39.17 400ml	1 400ml	39.17
Subtotal			ZMW 4,456.81
Total for Basic Needs and Nutrition Basket			ZMW 8,129.49

(C) SOME OTHER ADDITIONAL COSTS

Item	Amount (ZMW)	Item	Amount (ZMW)
School Uniform (Grade 8-12)	600.00	Messenger-Town	18.50
		Mitech-Town	28.50
Health		Fuel (cost at the pump, Oct, 2022)	
		Item	Amount (ZMW)
		Petrol (per litre)	24.31
		Diesel (per litre)	27.38
		Paraffin (per litre)	19.23

(D) A COMPARISON OF COSTS (IN KWACHA) OF BASIC NEEDS ACROSS ZAMBIA

Chinsali	Chipata	Choma	Kabwe	Kasama	Kitwe	Livingstone	Lusaka	Luanshya	Mansa	Mazabuka	Mongu	Monze	Mpika	Ndola	Solwezi
4,964.00	5,283.36	6,048.30	6,875.24	4,404.10	6,661.71	6,366.17	8,567.20	5,910.60	4,402.59	6,059.26	4,952.20	5,603.29	5,935.08	7,275.24	8,129.49

This survey was conducted on 25th November, by the Social and Economic Development Programme of the Jesuit Centre for Theological Reflection. Average Prices were Calculated on the basis of prices gathered from retail outlets at Kyawama, Zambia, Main Market, Messenger, Mitech, Shoprite as well as Schools, clinics/hospitals, and filling stations around Solwezi. The November Basic Needs and Nutrition Basket is approximately US\$ 472.12 based on the exchange rate of K 17.22 other costs would include personal care, clothing, recreation, etc.

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